<u>WHAT IS CLAIMED IS</u>:

1. A method of delivering personalized health interventions to a client over a computer network comprising:

    providing a user interface to a client over the computer network;

    receiving information input to the user interface by the client through the computer network related to health issues;

    determining personalized health interventions for the client based on the received information; and

    delivering at least one of audio and visual health interventions to the client for display on the user interface over the computer network.

2. The method of claim 1, further comprising:

    matching the health issue information provided by the client with health intervention criteria stored in a database.

3. The method of claim 1, further comprising:

    generating an interactive schedule of daily health interventions for the client; and

    sending the schedule to the client over the network;

    wherein the schedule includes several links to specific health interventions and the client can view the schedule and access the interventions through the user interface.

4. The method of claim 3, further comprising:

    enabling the client to set reminders for the health interventions, the reminders being audio or visual alerts.

5. The method of claim 1, wherein the user interface provides navigation tools allowing a client to access various categories of health information.

6. The method of claim 5, wherein the categories of health information include at least health issues, therapies and practitioners.

7. The method of claim 3, wherein the information received from the client related to health issues includes a significance rating number for each of a list of health issues, the rating number indicating the significance of the particular health issue to the client.

8. The method of claim 7, further comprising:

quantifying an appropriateness of using each particular intervention to treat each particular health issue as a correlation value;

selecting health issues having a significance rating above a first threshold;

determining interventions having a correlation value above a second threshold with respect to any of the selected health issues; and

entering the determined interventions in the daily schedule.

9. The method of claim 7, further comprising:

integrating factors in determinination of health interventions;

wherein the factors include favored therapy types, client gender, client age, and client pregnancy status.

10. The method of claim 1, further comprising:

determining whether the client is registered; and

determining whether the client is associated with a corporation.

11. The method of claim 10, further comprising:

preventing further access to the user interface if the client is not registered; and

incorporating rules for providing interventions and services in accordance with corporation guidelines.

12. The method of claim 11, wherein the rules include restrictions on types of intervention that may be delivered, times of day during which interventions can be delivered, and promotions of particular interventions.

13. The method of claim 1, further comprising:

maintaining a database of health and client information through a back end interface.

14. The method of claim 13, further comprising:

adding interventions, therapies, health issues and practitioners to the database to expand health services; and

modifying client information and health information in the database.

15. The method of claim 14, further comprising:

storing audio and visual health interventions in a media file server; and

linking interventions included in the database to a corresponding media file in the media file server.

16. The method of claim 4, wherein the generated schedule is integrated into a local scheduling application at a client computer.

17. The method of claim 16, further comprising:

providing an email interface, the interface allowing a client to send a health intervention accessible through the user interface to a third party in an email message.

18. The method of claim 1, further comprising:

delivering general daily health advice and recommendations over the computer network to the user interface.

19. A system for delivering personalized health interventions to a client over a computer network, comprising:

a Web server adapted to provide a user interface to a client over the computer network, and to receive information from the client through the computer network related to health issues;

a database arrangement including process logic, the database arrangement storing health information resources and personal information received from the client; and

an audio/visual module;

wherein the process logic determines appropriate personalized health interventions for the client based on the received information and the health information resources stored in the database arrangement, the health interventions being delivered to the client over the computer network via the audio/visual module.

20. The system of claim 19, wherein the Web server generates an interactive schedule of daily health interventions for the client and sends the schedule to the client over the computer network, the schedule including a plurality of health interventions viewable and accessible by the client.